# No Butts About It

Electronic cigarettes can help smokers breathe easier.

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You know smoking endangers your health. So if you can’t quit, at least try to minimize the damage.

Electronic cigarettes such as the SmokeStik can help (smokestikusa.com; $90). The battery-powered devices mimic cigarettes—without tar, carbon monoxide and other cancer-causers.

The device has a rechargeable battery and a cartridge filled with nicotine and propylene glycol (an organic compound the FDA calls “generally recognized as safe”). When you drag on the SmokeStik, the battery activates an atomizer inside the cartridge, vaporizing the nicotine and creating a smoke-like mist. For added flair, the end of the device lights up, imitating the burning end of a cigarette. Nicotine-free cartridges are also available.

Obviously, it’s best not to smoke at all. But using these devices as harm reduction is a puff in the right direction.

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http://beta.docker.poz.com/article/Electronic-Cigs-HIV-18923-1354